

Effect of Different Parenting Styles on an Adolescent's Rumination

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My research focuses on the effect of different parenting styles on an adolescent's rumination. Rumination, a pattern of repetitive and passive focus on distress, is a significant factor influencing mental health during adolescence. By examining how authoritarian, authoritative, permissive, and uninvolved parenting styles impact this cognitive process, I aim to gain insights into how parental approaches shape adolescent mental health outcomes.

I am particularly motivated to study this topic due to the critical nature of adolescence as a developmental period, where individuals are highly susceptible to mental health issues. Understanding the influence of parenting can help in developing interventions to support healthier cognitive and emotional development.

The study will involve a sample size of 10 participants, aged 14-17 years. This age group represents a crucial stage where the effects of parenting styles are profoundly observed and can provide valuable data on the intersection of parenting and adolescent mental health.

Keywords: "Authoritative parenting", "Permissive parenting", "Authoritarian parenting", "Uninvolved parenting", and "Rumination".

1. Introduction

Guidance and support towards an adolescent are very necessary in this adapting world with the evolving environment, and this is achieved by different parenting styles in a child's life. Parenting styles are ways in which parents guide and make their child a better or a worse version of themselves to fit in this world. Parenting styles are oftentimes not given importance, however, they are a pivotal part of a child's development process, because it involves the involvement of parents. The psychologist who has given rise to different parenting styles is Diana Baumrind. Every parent follows a different parenting style, and focusing on the main 4 different parenting styles, by Diana Baumrind, and they are:

- authoritative parenting

- authoritarian parenting
- permissive parenting
- uninvolved parenting

Authoritative parenting:

Authoritative parenting is a balanced approach that combines love, discipline, and respect. Parents who use this style set clear expectations, provide guidance, and listen to their children's thoughts and feelings. By fostering independence and open communication, authoritative parents help their children develop into emotionally stable and successful adults.

Authoritarian parenting:

Authoritarian parenting can have a significant negative impact on children's development. This style, characterised by strict rules, punishment, and a lack of emotional warmth, can lead to a variety of issues. Children raised in this environment may experience low self-esteem, anxiety, depression, and difficulty with self-control. Additionally, they may struggle to form healthy relationships and may be more likely to engage in risky behaviours.

Permissive parenting:

Permissive parenting is a style where parents are very lenient and allow their children to get a profusion of freedom. While this approach can foster creativity and independence, it can also lead to problems. Children raised in this environment may struggle with self-control, decision-making, and responsibility. They may also be more prone to risky behaviours and academic difficulties.

Uninvolved parenting:

Uninvolved parenting is a style characterised by a lack of involvement and emotional connection. Parents who use this approach may be neglectful, absent, or simply disinterested. Children raised in this environment may experience emotional, social, and academic difficulties. They may struggle to form healthy relationships and may be more likely to engage in risky behaviours.

What is rumination?

Rumination is a cognitive pattern where a person repeatedly dwells on negative thoughts and feelings. It can be a common symptom of anxiety and depression, but it can also occur in individuals without these conditions. Rumination can lead to a cycle of negative thinking, making it difficult to break free from negative emotions and solve problems effectively.

Signs of rumination:

- when a person is overthinking on a problem for more than a few minutes
- feeling worse every minute as you start to ruminate more
- do not wish to proceed ahead unless and until they have accepted
- with rumination, a person will never come to a conclusion

The real question arises is “how does rumination actually work?”

It is obvious that mostly everyone wants to be happy and wants to have positive thoughts, however, rumination arises when something frustrating, insulting or humiliating happens in a person’s life, and it is a hard nut to crack to let go of the problem.

How do different parenting styles lead to rumination?

Authoritative parenting, while often positive, can contribute to rumination. High expectations, self-reflection, lack of emotional skills, and modelling rumination can create a cycle of negative thoughts and feelings in children.

Authoritative parenting style:

Authoritative parenting represents a balance of warmth and control and usually leads to a decrease in adolescent rumination by encouraging open communication, emotional support, and well-defined expectations. However, too high expectations or unpredictable guidance may lead to more stress and self-doubt, hence increasing rumination.

Authoritarian parenting style:

Authoritarian parenting places intense pressure on children to meet high expectations, fostering anxiety and rumination over mistakes and punishment. Limited emotional support and discouraged communication leave children isolated, lacking validation, and hesitant to seek help, further fueling their rumination.

Permissive parenting style:

Although permissive parenting is loving and supportive, it can overprotect, and children might not learn how to solve problems and ruminate when things go wrong. Low expectation and poor guidance lead to confusion, a lack of motivation, and the inability to cope with stress. Too much freedom leaves a child indecisive or a mind that overthinks and tends to fear making a wrong move.

Uninvolved parenting style:

Parenting styles which are defined by a lack of emotional support and low grade of guidance made from parents for their child lead the child to isolation and no support. They do not have a medium to express feelings, so they bottle them up inside and go over. Without proper validation and reprimand being made from parents, self-esteem is hurt, and the child will begin ruminating at this point due to low confidence. Poor encouragement for social interplay may lead to increased loneliness and heightened ruminations.

Variables

Variable 1: Parenting Style

Independent variable (IV)

This includes different types of parenting styles such as authoritative, authoritarian, permissive, and neglectful.

Variable 2: Adolescent Rumination

Dependent variable (DV)

This would measure the level of rumination in adolescents, possibly using a standardised rumination scale.

Variable 3: Adolescent Mental Health

Mediator variable

This could include indicators such as levels of anxiety, depression, or stress that might mediate the relationship between parenting style and rumination.

Variable 4: Parent-Adolescent Relationship Quality

Moderator variable

This could assess the quality of the relationship between the parent and the adolescent, which might moderate the effect of parenting style on rumination.

2. Methodology

Aim: The aim of this study is to investigate the relationship between different parenting styles and the level of rumination among adolescents aged 14-17 years. Specifically, the study seeks to determine how varying parenting approaches influence the tendency of adolescents to engage in rumination, and whether the quality of the parent-adolescent relationship or the mental health status of the adolescents mediate or moderate this relationship.

Hypotheses:

Parenting Style and Rumination

- Null Hypothesis (H_0): Parenting style has no effect on adolescent rumination levels. Adolescents raised with authoritarian, permissive, or authoritative parenting styles will exhibit similar levels of rumination.
- Alternative Hypothesis (H_1): Adolescents raised with an authoritarian or permissive parenting style will exhibit higher levels of rumination compared to those raised with an authoritative parenting style.

2. Parent-Adolescent Relationship Moderation

- Null Hypothesis (H_0): The quality of the parent-adolescent relationship does not moderate the effect of parenting style on adolescent rumination.
- Alternative Hypothesis (H_1): The quality of the parent-adolescent relationship moderates the effect of parenting style on adolescent rumination, with stronger relationships leading to lower levels of rumination.

3. Mental Health Mediation

- Null Hypothesis (H_0): Mental health does not mediate the relationship between parenting style and adolescent rumination.

- Alternative Hypothesis (H_1): The relationship between parenting style and adolescent rumination is mediated by the adolescent's mental health, with poorer mental health associated with higher levels of rumination.

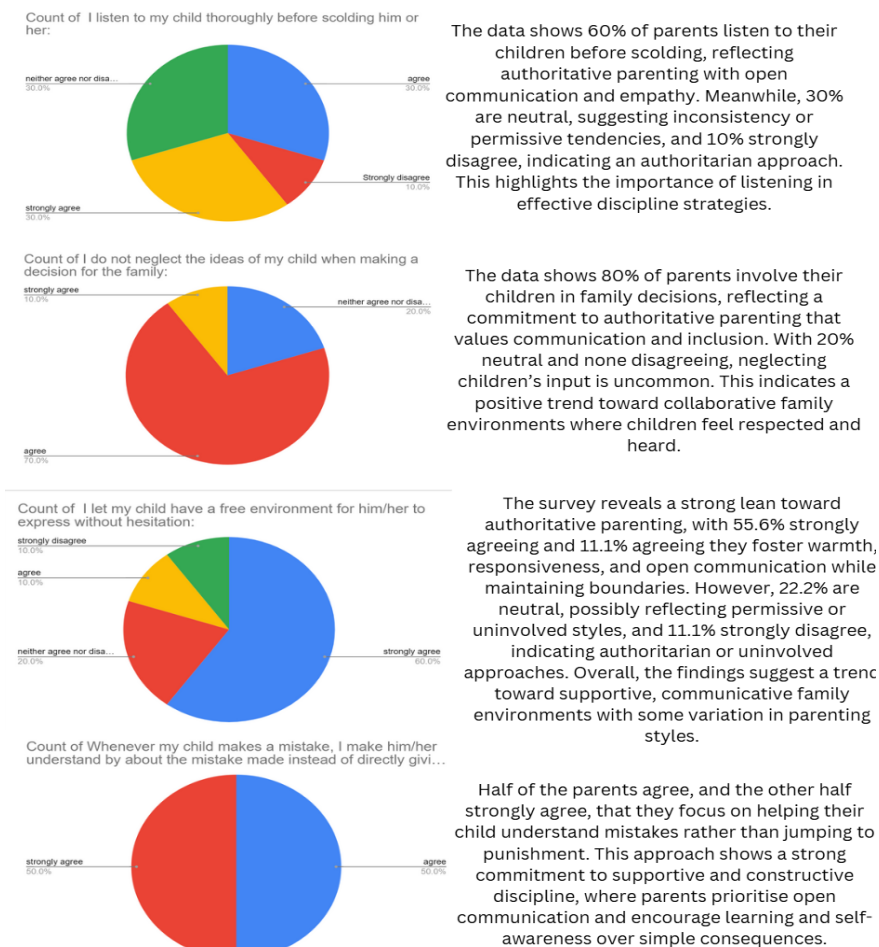
4. Gender Differences

- Null Hypothesis (H_0): There are no gender differences in rumination levels among adolescents, regardless of parenting style.
- Alternative Hypothesis (H_1): Female adolescents will report higher levels of rumination compared to male adolescents, regardless of parenting style.

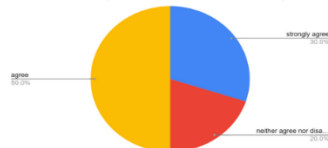
Sample Size:

The sample consists of 10 parents who completed the parenting style assessment, with their children aged between 14-17 years. The sample includes 3 male adolescents' parents who filled the form and 7 female adolescents' parents who filled the form.

Section 3: Data Analysis and interpretation + Conclusion

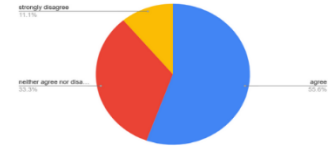


Count of I make sure I spend time with my child for at-least an hour out of our busy schedules to increase the bonding:



Half of the parents agree that they spend at least an hour daily bonding with their child, showing a commitment to strong relationships even with busy schedules. Another 30% strongly agree, prioritising quality family time as a key value. Meanwhile, 20% are neutral, possibly indicating that, while they recognize the importance of bonding, they may find it challenging to consistently make time due to other demands.

Count of I make sure my child's mental health is okay by asking them frequently about how they feel:



The pie chart shows that 60% of parents agree they frequently check in on their child's mental health, suggesting a strong emphasis on supportive, open communication—a hallmark of authoritative parenting. With 30% neutral and only 10% strongly disagreeing, the data indicates that most parents in this group actively engage with their child's emotional well-being, balancing warmth with guidance and structure.

Count of I let my child explore different hobbies and take part in activities without any disturbance:



The pie chart shows that 70% of parents strongly agree, and 30% agree, that they allow their child to explore hobbies freely, indicating a permissive approach. This style is marked by warmth and a high level of support for the child's interests, with minimal restrictions. The responses suggest that most parents in this group prioritise their child's independence and personal exploration over setting strict boundaries.

Count of I allow my child to have fun in life with the proper balance in academics, and firm limits to make them disciplined:



The pie chart shows that 80% of parents strongly agree, and 20% agree, that they support a balance between academics and personal enjoyment, with clear limits to instil discipline. This suggests a dominant authoritative parenting style, marked by warmth and guidance. Parents in this group appear to value both their child's well-being and structure, fostering a balanced approach that emphasises both discipline and fun.

Count of I yell at my child when he/she makes a mistake for which yelling wasn't required:



The pie chart reveals that 50% of parents (40% disagree, 10% strongly disagree) avoid excessive yelling, indicating a preference for authoritative or balanced parenting. In contrast, 30% (20% agree, 10% strongly agree) acknowledge occasional yelling, suggesting it is not the dominant approach.

Count of I punish my child when he/she disagrees to anything said by me, because I am their parent, I am always right:



The pie chart shows that 50% of respondents strongly disagree with punishing their child for disagreeing, while 30% also disagree, indicating that 80% favor a non-punitive approach. Only 10% strongly agree, supporting punishment, and 10% remain neutral. This reflects a predominant trend toward open-minded parenting, with minimal support for strict authoritarian practices.

Count of I don't allow my child to entertain themselves with anything, they should only be studying (e.g. no video games,...



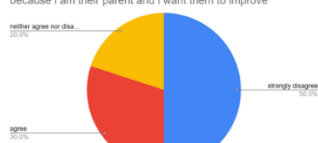
The pie chart reveals that 60% of parents strongly disagree and 40% disagree with the idea of restricting their child solely to studying without entertainment, showing a clear preference for a balanced approach. Rather than indicating an authoritarian style, the high level of disagreement suggests that most parents support a mix of academics and personal enjoyment, aligning more with an authoritative approach that values both

Count of I make my child do things even if they say no, because they should obey whatever I say



The pie chart shows that 30% of parents strongly disagree and 50% disagree with making their child obey without question, suggesting that most parents value respect and autonomy over strict obedience. This high level of disagreement actually aligns more closely with an authoritative approach, where parents set boundaries but encourage open communication and understanding. The 20% neutral responses may indicate flexibility based on context rather than a strict authoritarian approach.

Count of I criticize my child about his/her physique and looks because I am their parent and I want them to improve



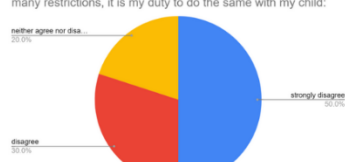
The pie chart indicates that 50% of parents strongly disagree and 30% disagree with criticising their child's appearance to encourage improvement, while 20% remain neutral. This suggests that most parents (80%) avoid negative comments about their child's physique or looks, likely valuing a supportive approach that fosters self-esteem. The neutral responses might reflect parents who are cautious or selective in offering feedback, aiming to strike a balance between encouragement and sensitivity.

Count of I never sit down and spend time with my child and listen to their feelings because I am busy



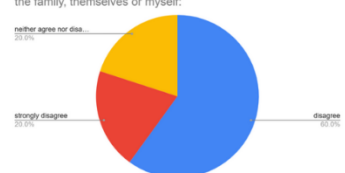
The pie chart shows that 90% of parents disagree or strongly disagree, indicating they prioritize connecting with their children and listening to their feelings. This reflects a supportive parenting style, with most parents actively engaged in their children's emotional well-being. The 10% who strongly agree may face challenges in prioritizing time, but overall, the data highlights a caring approach.

Count of As my parents raised me in a very strict way with so many restrictions, it is my duty to do the same with my child:



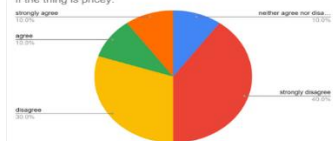
The pie chart shows that most parents (80%) disagree with the statement, indicating they do not feel obligated to raise their children as strictly as they were raised. Instead, this reflects a more flexible, balanced approach, where parents prioritise both discipline and support. The 20% neutral response may suggest some parents feel a mix of traditional values and modern parenting approaches. Overall, the data leans toward a nurturing approach, with a focus on adapting discipline rather than rigidly mirroring past practices.

Count of I never consider their opinions to make decisions for the family, themselves or myself:



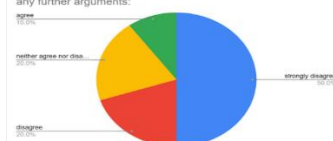
The chart reveals that 80% of parents disagree with disregarding their child's opinions in family decisions, suggesting they do value their child's perspective. This inclination aligns more with authoritative parenting, where parents value input while maintaining guidance and structure. The 20% neutral responses might indicate that some parents may consider their child's input only in certain circumstances. Overall, the trend reflects a balanced approach rather than a purely authoritarian style, as it suggests a willingness to involve children in decision-making to some degree.

Count of I give my child everything they ask for everytime, even if the thing is pricey:



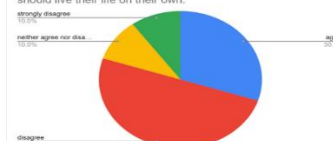
The chart shows that 70% of parents disagree with giving their child everything they ask for, indicating a balanced, authoritative approach that combines support with clear financial boundaries. Meanwhile, 10% agree to indulge their child regardless of cost, reflecting a more permissive style. Overall, the data highlights a thoughtful balance between generosity and practical limits.

Count of I often give them whatever they wish to have to avoid any further arguments:



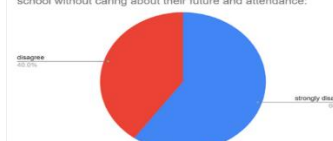
The chart shows that 70% of parents disagree with giving in to their child's wishes to avoid arguments, favoring structure and boundary-setting. This reflects an authoritative approach that values dialogue without sacrificing discipline. In contrast, 10% agree, reflecting a more permissive stance. Overall, the data suggests most families prioritize thoughtful boundaries over conflict avoidance.

Count of I never set any restrictions towards my child, they should live their life on their own:



The chart indicates that 60% of parents disagree with never setting restrictions, suggesting a balanced approach where they value their child's independence but still provide guidance. Meanwhile, 30% agree, leaning toward a permissive style that prioritises freedom and self-direction for the child. This mix reflects a nuanced approach: most parents offer autonomy with some structure, allowing their child to explore within reasonable limits.

Count of I allow them to take as many holidays they need from school without caring about their future and attendance:



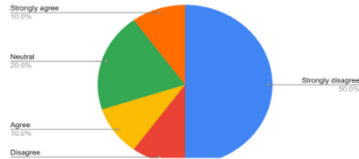
The data reveals that all respondents disagree with allowing unlimited school absences, indicating a strong focus on academic responsibility. This suggests an authoritative approach, where parents balance structure and support to emphasise the importance of education and future preparation.

Count of I let them take as much money they want in order for them to spend with their friends without any limitations:



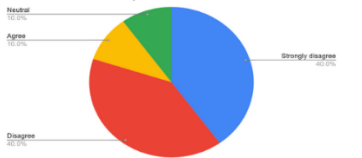
The data shows that most parents disagree with giving unlimited spending money, highlighting a focus on financial boundaries and responsibility. This suggests an authoritative approach, where parents aim to balance freedom with clear limits to teach children the value of managing resources.

Count of I never discipline my child, because I want them to always love me and have a soft heart for me:



The data shows that most parents disagree with avoiding discipline entirely to maintain a loving relationship, indicating a balanced approach that values boundaries along with affection. This suggests a generally authoritative style, where parents aim to be nurturing while still guiding behaviour, showing commitment to a well-rounded approach to parenting.

Count of I find it very difficult to say "no" to my child even if the situation is not necessary for them to do:



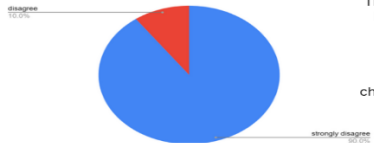
The data indicates that most parents are comfortable setting boundaries by saying "no" when necessary, reflecting a balanced approach to indulgence and discipline. This suggests an authoritative style, where parents are both supportive and able to set limits when needed, emphasising thoughtful guidance over unrestricted freedom.

Count of I find it difficult to argue with my child if they think they are right and I think I am right, I simply say yes to whatever t...



The data reveals that the majority of parents actively engage in regular communication with their children, indicating a focus on warmth and involvement. This pattern aligns more closely with an authoritative style, where parents balance warmth and openness with guidance, rather than an uninvolved approach.

Count of I never talk to my child other than if I have any work with them:



The high percentage of respondents disagreeing indicates that parents are actively engaged in their child's academic life, reflecting an authoritative parenting style. These parents combine support with high expectations, demonstrating a strong commitment to their child's education and well-being, contrasting with uninvolved tendencies.

Count of I do not bother to care about my child's academics and my child is responsible for everything related to his/her a...



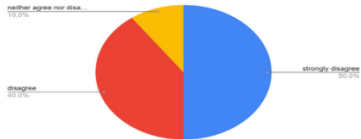
The high percentage of respondents disagreeing suggests that parents stay attentive to their child's well-being, even when low on energy. This aligns with an authoritative parenting style, where responsibilities are balanced with active engagement, prioritizing the child's needs despite challenges.

Count of Because of my drained energy all the time, I cant to take care of my child and he/she agrees to this

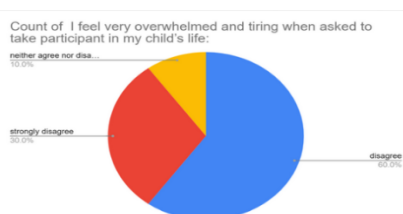


The responses indicate that most parents do not feel overwhelmed or tired when engaging in their child's life, reflecting active involvement and a commitment to authoritative parenting. This approach emphasizes the importance of balancing engagement with nurturing, prioritizing the child's well-being despite potential challenges. The data highlights parents' dedication to supporting their child's development.

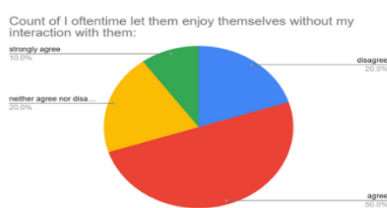
Count of I do not go and console my child if he/she is in a bad mood or crying because I feel this will make them strong



The high percentage of respondents who strongly disagree or disagree highlights parents' recognition of the importance of emotional support in their child's development. This reflects an authoritative parenting style, balancing expectations with nurturing to promote resilience while providing support during challenges.



The pie chart shows that 60% of respondents disagree and 30% strongly disagree with feeling overwhelmed or tired when participating in their child's life, indicating that 90% do not find it burdensome. Only 10% remain neutral, suggesting that most parents are willing and comfortable being involved in their child's life.



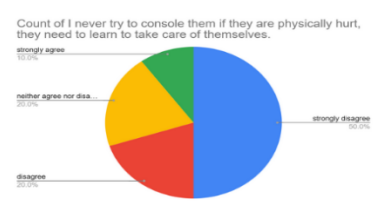
The data shows 60% of parents allow their children to enjoy activities independently, reflecting a permissive parenting style that values autonomy and exploration.

Meanwhile, 20% disagree, suggesting a preference for more involvement, indicative of authoritative or authoritarian tendencies. Overall, the trend highlights a focus on fostering children's independence.



The pie chart reveals that 80% strongly disagree and 20% disagree with neglecting guidance, indicating a dominant authoritative parenting style.

This reflects parents' strong commitment to actively supporting and correcting their children, emphasizing their role in fostering growth and development.



The pie chart shows 50% strongly disagree and 20% disagree with ignoring their child's pain, reflecting a dominant authoritative parenting style focused on warmth and support. With only 10% strongly agreeing, most parents prioritize providing comfort, underscoring their commitment to their child's emotional and physical well-being.

3. Conclusion

This study aims to explore and establish the relationship between various parenting styles with adolescent rumination while investigating moderating and mediating factors. The responses to a set of statements were analysed for key trends and correlations.

Parenting Style and Adolescent Rumination:

The findings demonstrate that the majority of parents in this study exhibit an authoritative parenting style, characterised by warmth, responsiveness, and balanced boundary-setting. Authoritative parenting is linked to lower levels of rumination in adolescents, aligning with the Alternative Hypothesis (H_1), which stated that adolescents raised with an authoritative parenting style would exhibit lower levels of rumination compared to those raised with authoritarian or permissive parenting styles. Thus, H_1 is valid, and the Null Hypothesis (H_0) is rejected.

Parent-Adolescent Relationship Moderation:

The data revealed that most parents actively engage in their children's lives, involve them in decision-making, and maintain strong emotional connections. These findings support the

Alternative Hypothesis (H_1), which proposed that the quality of the parent-adolescent relationship moderates the effect of parenting style on rumination, with stronger relationships leading to lower rumination levels. Thus, H_1 is valid, and the Null Hypothesis (H_0) is rejected.

Mental Health Mediation:

The results indicate that parents prioritise their children's mental health through frequent check-ins and emotional support, which likely enhances mental well-being and reduces rumination. This supports the Alternative Hypothesis (H_1), which suggested that mental health mediates the relationship between parenting style and adolescent rumination. Consequently, H_1 is valid, and the Null Hypothesis (H_0) is rejected.

Gender Differences:

Although existing study suggests that female adolescents are more likely to ruminate than males, the current study did not explicitly analyse gender-specific trends or provide sufficient data to confirm or reject this hypothesis. Therefore, this hypothesis remains inconclusive, and further research with a focus on gender differences is needed to validate or refute this claim. The only gender difference in the research paper was in the unequal ratio of male and female parent participants who filled out the survey. The male participants were 3 and the female was 7.

This study provides evidence supporting the critical role of parenting style, the quality of the parent-adolescent relationship, and mental health as significant factors influencing rumination in adolescents. Authoritative parenting emerged as the most effective style for fostering lower levels of rumination, emphasising the importance of warmth, structure, and communication in mitigating maladaptive thought patterns in adolescents. While the study shows the importance of these factors.

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